



# Mohawk Valley School Breakfast & Lunch

# MONDAY

3



## TUESDAY 4

BREAKFAST Interrogation Oatmeal w/ Brown Sugar Whole Grain Toast Juice 2nd Fruit Option LUNCH

Secret Turkey & Cheese Sandwich Cucumbers Carrots Fresh Fruit



### WEDNESDAY

5

BREAKFAST Suspect Sausage Breakfast Pizza Fresh Fruit 2nd Fruit Option

LUNCH
Diced Chicken Salad Steamed Carrots Celery Sticks



#### **THURSDAY**

BREAKFAST Mystery Muffins Assorted Yogurt Juice 2nd Fruit Option LUNCH

6

Detective Dogs Tater Tots Steamed Broc Fresh Fruit



# **FRIDAY**

7

BREAKFAST Secret Sausage Biscuit Scrambled Egg Fresh Fruit 2nd Fruit Option VCH Evidence Bag Grab N Go PBJ Carrots Fresh Fruit



# 10

BREAKFAST Wg Bagel Assorted Yogurt Fruit Salad 2nd Fruit Option LUNCH

Philly Chicken Sub Parsley Carrots Romain Salad Fresh Fruit

#### 11

BREAKFAST Oatmeal w/ Brown Sugar Sausage Patty Juice Fresh Fruit LUNCH Corn Dog French Fries Steamed Broccoli Fresh Fruit

## 12

BREAKFAST English Muffin Three Cheese Egg Bites Juice Fresh Fruit LUNCH Cheese Qusadilla or Grilled Chee Mild Salsa Lettuce & Tomato Gamish Refried Bean Fresh Fruit

## 13

EAKFA

#### 14

BREAKFAST Crumble Cor Scramble Eg Juice 2nd Fruit Option LUNCH Macaroni & Cheese Dinner Roll Ceasar Salad

### 17

BREAKFAST WG Pancake Sausage Patty Fresh Fruit 2nd Fruit Option LUNCH Chicken Nuggets Mashed Potato Steamed Corn



## 18

BREAKFAST WG Bagel Cream Cheese Juice 2nd Fruit Option LUNCH Cheese & Chili Tamale Lettuce & Tomato Garnish Tortilla Chips Mild Salsa Pinto Beans Fresh Fruit

## 19 BREAKFAST

French Toast Sticks Sausage Patty Fresh Fruit 2nd Fruit Option LUNCH Grilled Chicken Sandwich Lettuce & Tomato Romaine Salad Light Ranch Dressing Green beans Fresh Fruit

### 20

BREAK luffin 2nd Fruit Option LUNCH Cheeseburger French Fries Broccoli Raisin Salad

Fresh Fruit

# 21

**BREAKFAST** Whole Grain Toast Scramble Eggs
Fresh Fruit
2nd Fruit Option
LUNCH Chicken Ramen Asian Vegetables Fresh Fruit

#### 24

BREAKFAST Cinnamon Rolls Scramble Eggs Juice Fresh Fruit LUNCH Ham & Turkey Sub Carrots Cucumber Fresh Fruit

## 25

BREAKFAST Egg & Cheese Sandwich Fresh Fruit 2nd Fruit Choice LUNCH Chicken Bowl Dinner Roll Steamed Broccoli Fresh Fruit

#### 26

**BREAKFAST** Whole Grain Pancakes Juice 2nd Fruit Option LUNCH Fresh Fruit



## 27

BREAKFAST Banana Muffin Assorted Yogurt Fresh Fruit 2nd Fruit Option LUNCH Asian Vegetables



# 28

BREAKFAST Assorted Cereal Graham Crackers Fresh Fruit LUNCH Fresh Fruit



## 31



Daily Choices Daily: Low Fat & Fat Free Milk Daily: Assorted Cereal & Graham Cracker or Cheese Stick items available for Breakfast

No School-



